



# CHERRY CREEK WELLNESS CENTER

# NEWSLETTER

January 2008

**Need a little maintenance?  
Exhausted insurance benefits?  
Visit Denver's Drop In Clinic  
Every Friday, 9:30-10:30 am  
Call for details**

## President's Message

Hello everyone! Once again we start a new year and resolve to improve our lives for 2008. At CCWC, we have also made some resolutions. First, we have committed to sending out our quarterly newsletter and sticking to it. We will use this newsletter to update you about changes within the CCWC offices, insurance world, and inform you of new ideas/approaches to treatment. We will also include a coupon to say "thank you" for choosing us as your provider of choice for physical therapy, massage therapy and pilates.

Second, we have resolved to continue to provide the best care possible for our patients. We want to go the extra mile for you. It's important to us to not only eliminate your pain and help you accomplish your goals, but to also give you the tools necessary to keep yourself healthy.

Third, we have resolved to continue to be a resource for your medical needs. If you need a primary care provider or a specialist, we can help. We work closely with a large number of providers and can assist you in finding one that will meet your needs. If you have questions about your condition, even after you have been discharged, give us a call or take advantage of our drop in clinic on Friday mornings. Please contact us with any questions or concerns, we are happy to help.

We wish you a happy and healthy 2008 and we look forward to assisting you with your health and wellness needs. Happy New Year!

R. Dean Hasse, PT, MT

## CCWC Integrates Women's Health Program

What is Women's Health Physical Therapy?

Need one more sentence about why WH is in great need? Something to the effect of.... women having to endure pain, weakness, issues b/c unaware that treatment is out there??? Something can be done, all common problems that women face?? As the physical therapy scope of practice expands, the specialized field of women's health continues to grow and develop with great need. Women's health encompasses a wide variety of diagnoses, with everything from incontinence to pelvic pain. Physical therapists can assist with addressing these and many other problems by providing assessment of the pelvic floor and low back/sacral musculature to determine musculature strength, endurance and tonicity. Working with a patient specific program of neuromuscular reeducation, soft tissue work, joint mobilization, stabilization, kegels, and neural mobilization, we

address the entire pelvic and lumbosacral system as a whole to ensure success for our patients. Short and long term goals, patient home program and education are established and completed from the first day of care. Facilitating independence is a primary goal when working with our patients; our ultimate goal in therapy is to provide the patient with the tools they need to be able to provide self care.

**Here are several conditions that women's health physical therapy can help treat:**

### General

Musculoskeletal low back/pelvic and hip dysfunction  
Stress, urge incontinence or overactive bladders  
Pelvic Pain  
Interstitial Cystitis (IC)

### Introducing New Staff

#### Physical Therapists

Michael House, MSPT

Jennifer Dickson Palmer, DPT

Sara Schoenle Randolph, DPT

#### Front Office

Wendy Trierweiler

#### Massage Therapist/ Front Office

Laura Dahmer, MT

#### Certified Pilates Instructor

Jennifer Woodson

Welcome to our new staff!  
Visit our website,  
[www.cherrycreekwellnesscenter.com](http://www.cherrycreekwellnesscenter.com)  
for full bios on each employee!

**Prenatal/Postpartum**

- Back Pain
- Weak Abdominals (w/possible muscle separation)
- Urine Leakage w/coughing or sneezing
- Pelvic Floor Dysfunction
- Sacral iliac joint dysfunction
- Sensory Changes/Leg pain
- Difficulty caring for infant due to pain
- Postural Changes

**For our postpartum clients we have developed a safe exercise program explaining the benefits of exercising after giving birth.**

**Benefits:**

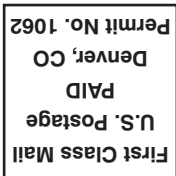
- 1. Improved mood and feeling of normalcy in your body
- 2. Decreased urinary urge or stress incontinence
- 3. Decreased low back and sacral pain

- 4. Increased energy and return to favorite activities more quickly
- 5. Improvement of diastasis recti (separation of the right and left rectus abdominus muscle) symptoms and problems

**Background:**

A majority of the literature published provides vague guideline in regards to resumption of physical activity postpartum. The American College of Obstetricians and Gynecologists states that “pre-pregnancy exercise routines should be resumed gradually, based on a woman’s physical capability.”

Once you have received the consent of your physician/healthcare professional, it is highly recommended that you begin working on your core musculature to offset the effects that pregnancy and childbirth has on posture, pelvic floor musculature, and your basic center of gravity. The core musculature consists of the Transverse Abdominus, Multifidus, Diaphragm, and the Pelvic Floor muscles.



425 S. Cherry Street  
 Suite 640  
 Denver, CO 80246



# HOLIDAY GIFT CERTIFICATE



**\$10 OFF**  
**a Pilates class**  
**package or private/**  
**semi-private session**  
 (not valid with other coupon or special offer,  
 expires March 31, 2007)

**\$10 OFF**  
**a 1 hour massage**  
**or massage package**  
 (not valid with other coupon or special offer,  
 expires March 31, 2007)

Looking for a special gift??  
Need a break from holiday stress??

Give yourself or your family and friends an excuse to take care of themselves during the busy holiday season!

They will truly appreciate it!

Call **303.333.3493** or stop in today

**HAPPY HOLIDAYS from CCWC!**